

Babies Need Iron!



If your baby is a newborn or nearly a year old and is not breastfeeding, WIC can provide your baby with iron-fortified formula. Your baby needs iron-fortified formula until his first birthday. Low-iron formula does NOT meet your baby's need for iron.

Without enough iron, your baby may:

- WBe fussy
- WBe sick more
- WLack interest in eating
- WGrow slowly
- WBe pale

IRON-FORTIFIED FORMULA DOES NOT CAUSE:

- U Constipation
- U Fussiness
- U Spitting up
- U Stomach cramps
- U Colic
- U Diarrhea
- U Gas

More iron-rich foods will be added to your baby's diet as he grows. But formula is still your baby's best source of iron. Keep your baby healthy by using formula until her first birthday.

Infants on any formula can have problems. Here are some tips that may help:

Constipation

Make sure the baby is drinking enough.

Colic and Fussiness

Feed your baby slowly; burp him often.
Give less at each feeding, but more often.
Play soft music, rock, or carry your baby.

Diarrhea

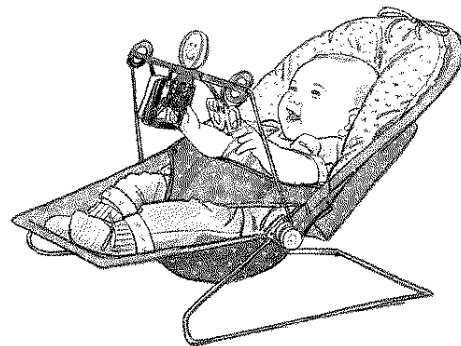
Use opened liquid formula within 2 days.
Throw out any formula left in the bottle.
If the diarrhea lasts more than 1 day, see your doctor.

Spitting Up

Hold your baby upright during feeding. Make sure the nipple is filled with formula. If spitting up continues, tell your doctor.

Gas and Stomach Cramps

Hold your baby upright while feeding. Make sure the nipple is filled with formula. Burp your baby after every 1 to 2 ounces.



See the WIC staff for more information on infant feeding.

